

HEIGHTS LACROSSE SUMMER CAMP 2023



About Heights Lacrosse

Welcome to Heights Lacrosse, a youth lacrosse organization dedicated to providing exceptional lacrosse instruction to boys and girls in the Heights and surrounding areas of Houston, TX.

At Heights Lacrosse, we believe that lacrosse is more than just a sport. It's a way to develop confidence, critical thinking, and teamwork skills that can help players succeed both on and off the field. We strive to instill these values in all of our players, regardless of their skill level or experience.

Our passionate coaching staff is committed to providing high-quality instruction to help players improve their skills and achieve their goals. We currently offer programs for players between Pre-K through 5th grade, and we work with each player to help them develop at their own pace and achieve their full potential.

We hope to see you on the field!



2023 Summer Camp Schedule & Cost

Practice Schedule

Where: Woodland Park (212 Parkview St.)

When: All Saturday mornings in June

- **PreK and Kinder** 8:00 – 9:00am (1hr)
- **1st – 5th grade** 9:15 – 10:30am (1hr 15min)

Cost

PreK and Kinder \$100

1st – 5th grade \$115

+ Required USA Lacrosse Membership
(\$15 - \$30 annually) see pages 6, 7

Camp costs include a t-shirt which we will tie-dye on the first day of camp



June 2023

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
<div style="background-color: #d9e1f2; padding: 5px; display: flex; align-items: center;"> Heights Lacrosse Summer Camp </div>						



Heights Lacrosse Summer Camp – 2 curriculums for varying skillsets



JumpStart Lacrosse is an introductory lacrosse program developed by the Heights Lacrosse coaching staff to introduce the fundamentals of the sport to new players. **All brand-new players in PreK – 5th Grade will get a tailored JumpStart experience during the summer camp.** All equipment is provided so you'll only need to bring water to the practices.



All returning players who are entering 1st – 5th grade in the Fall of 2023 will get an intermediate program designed to build off an existing lacrosse skillset.

- Full protective equipment is required as we will be using real lacrosse balls and emphasizing passing/catching and dodging on defenders, which comes with a higher probability of incidental contact with players or the ball.

Registration is the same between both curriculums. We sort the kids into these 2 categories based on your registration responses



Equipment Requirements

Brand New Players in PreK through 5th grade (applies to boys and girls)

A lacrosse stick is provided at no cost
no other equipment is needed

Returning Boys entering 1st – 5th Grade in the Fall



Boys' starter lacrosse packages can be purchased [using this link](#). We recommend the Cascade CPV-R helmet for 2U and 4U boys. Other required gear not pictured is a mouth-piece and an athletic cup.

Returning Girls entering 1st – 5th Grade in the Fall



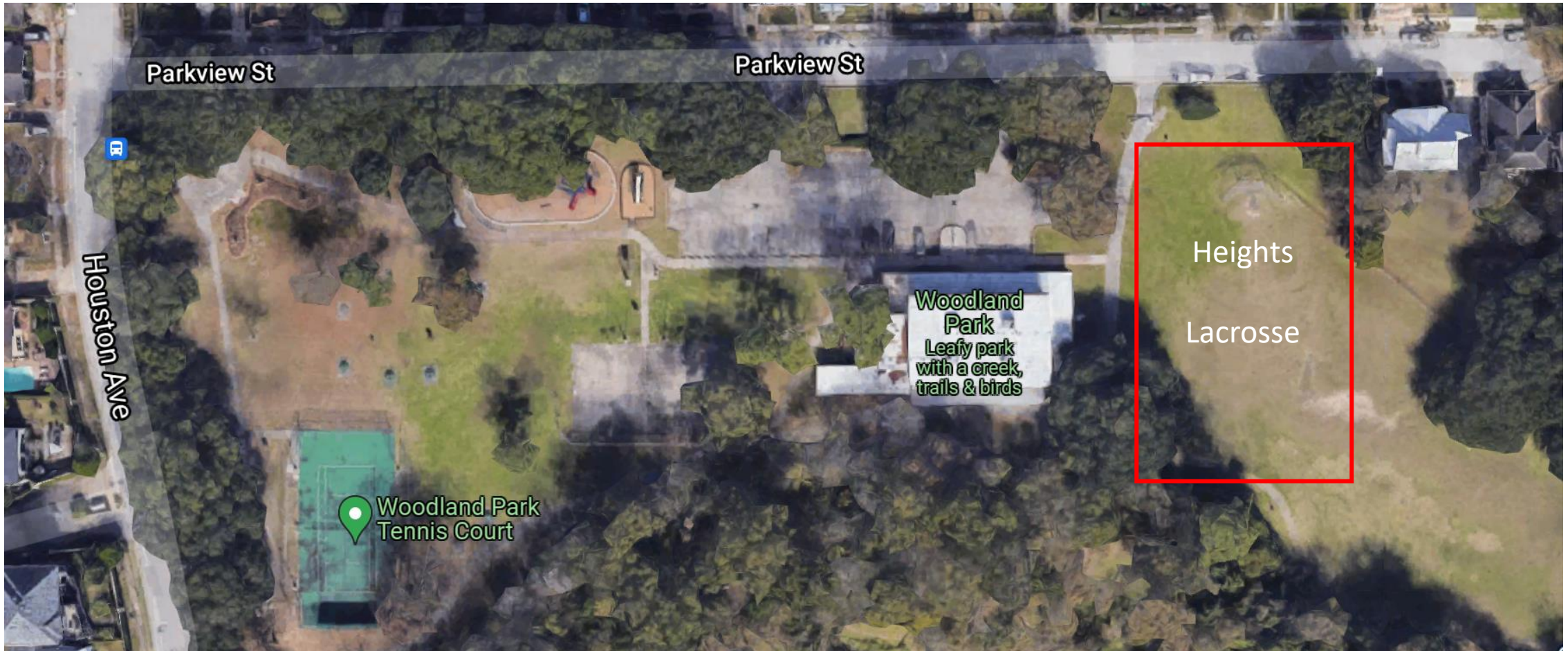
Heights Lacrosse has always required girls to wear the Cascade LX helmet for their own safety from the ball as well as incidental collisions with other players. Cascade LX Helmets [can be found here](#) – most of the girls get white so the team stickers show up but feel free to choose your favorite color!



Primary Field Location

Woodland Park ([212 Parkview St](#))

We stage on the far side of Woodland Park which is not visible from Houston Avenue. There's ample field space but parking can be limited. If there's no room in the parking lot, please park along the North side of Parkview St.



How to Register

1. Find the green “Register Now” button on the heightslacrosse.com homepage
2. This will send you to our USA Lacrosse registration portal

3. Click on the link for the session you are registering for and follow the directions



About Us Programs Shop

Heights Lacrosse provides recreational and competitive youth lacrosse opportunities to boys and girls in the Houston area.



Active Programs

Summer Camp Information Guide

Use the button below to download our comprehensive Summer Camp information guide which outlines our full schedule, costs, curriculums, equipment requirements, etc. Please reach out if you have any questions before registering.

Download

Summer Camp Registration

Over the course of 4 Saturdays, we'll provide age and skill appropriate lacrosse to boys and girls (PreK through 5th grade). Make sure to download the Summer Camp Information package for full details before registration.

Register Now



About our Program

Heights Lacrosse provides premier lacrosse instruction and recreational play opportunities to **boys and girls** in PreK through 5th Grade. We are located in the Heights neighborhood and serve all of Greater Heights and surrounding Houston neighborhoods.

Register with the links below

[Summer Camp \(PreK - Kinder\)](#)

[Summer Camp \(Rising 1st - 5th\)](#)

If you are having issues registering please reach out to Coach Turner at jturnerharris@gmail.com



All new players will be forced to create a USA Lacrosse membership as part of the registration process. Please contact Coach Turner if you have any issues with registration. jturnerharris@gmail.com



What is USA Lacrosse?



USA Lacrosse is the governing body of lacrosse in the US – like US Soccer, US Tennis, etc. All organized lacrosse teams require USA Lacrosse membership for participation.

What is the benefit of a USA Lacrosse membership?

- Comprehensive sports injury insurance
- Online learning resources, including instructional videos and diagrams
- Subscription USA Lacrosse Magazine
- Special offers of gear, apparel, etc.

Why is membership required?

- Comprehensive insurance coverage for players AND the organization which is required for City of Houston Field Reservations
- Continued access to USA Lacrosse grants which help us keep costs low

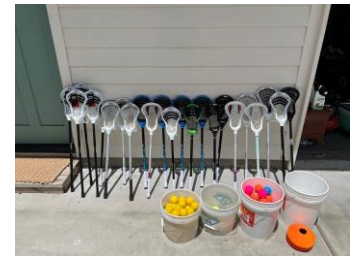


The coaching staff at Heights Lacrosse believe the cost of playing lacrosse is the single biggest barrier to entry for kids to try the sport. We've implemented the policies below to reduce those financial hurdles for all families who want to try Lacrosse.



Free Stick Policy

We have program wide policy to provide a lacrosse stick to all new players on any Heights lacrosse team. During the registration process, please respond to the question regarding your need for a stick and we'll be sure to provide you one at the first practice.



Helmet Buy-Back Policy **NEW**

For all first-time players (boys or girls) if you choose to play on a competitive team and decide you no longer want to play lacrosse at the end of the season, we will buy your helmet back for 75% of retail value



Meet the Head Coaches



Turner Harris
Heights Lacrosse Coach/Founder

Turner started Heights Lacrosse so his kids would have a team to play for. Turner coached at the Varsity HS level for more than 10 years and played NCAA DIII lacrosse in Rochester, NY and was a TX State Champion in High School.



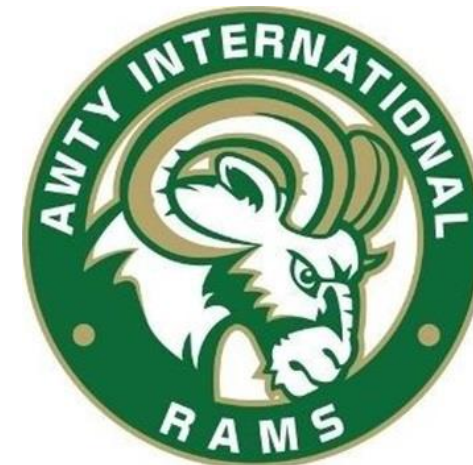
Erinn O'Hara
Founder, LaxTutors.com

Erinn has been a coaching varsity & youth lacrosse in a full-time capacity for over 10 years. Erinn played lacrosse at Nazareth College (NCAA DIII) and grew up playing in Syracuse, NY. He is also the founder of LaxTutors.com, the premier supplemental training provider in the Houston area.



Joe Shepard
Coach, Heights Lacrosse

Joey has coached Lacrosse in the Houston Area for various programs including Seven Lakes High School, IronHorse, and others. He was formerly midfielder at Mercyhurst University (NCAA DII) and was a high school state champion at Jamesville-DeWitt in Syracuse, NY.



Mike McMullin
Coach, Awty International

Mike has been a lacrosse coach in the Houston area for more than 10 years. He has coached various programs including Strake Jesuit and Kingwood among others.





 /HeightsYouthLax

 @HeightsLacrosse

 heightslacrosse.com

Turner Harris

Email: jturnerharris@gmail.com

Cell: 281.795.8076

